

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes of Light, Medium, Hard and Total Physical Activity
on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

| | Level of Physical Activity in Minutes, Mean | | | Total Minutes, Mean |
|------------------------------|---|-----------|-----------|------------------------|
| | Light | Moderate | Hard | |
| Total | 14 | 34 | 38 | 87 |
| Gender | | | | |
| Males | 13 | 39 ** | 45 *** | 98 *** |
| Females | 15 | 30 | 30 | 76 |
| Ethnicity | | | | |
| White | 16 | 37 | 37 | 90 ^b * |
| African American | 11 | 24 | 28 | 63 ^a |
| Latino | 14 | 33 | 39 | 86 ^{ab} |
| Asian/Other | 12 | 33 | 43 | 90 ^{ab} |
| Income | | | | |
| ≤\$19,999 | 14 | 42 | 38 | 95 |
| \$20,000 - \$49,999 | 15 | 33 | 38 | 87 |
| ≥\$50,000 | 13 | 33 | 38 | 84 |
| Federal Poverty Level | | | | |
| ≤ 185% | 15 | 34 | 38 | 87 |
| > 185% | 14 | 34 | 38 | 87 |
| Food Stamps | | | | |
| Yes | 13 | 40 | 38 | 91 |
| No | 14 | 33 | 38 | 86 |
| Overweight Status | | | | |
| Not at Risk | 13 | 33 | 39 | 85 |
| At Risk/Overweight | 15 | 33 | 38 | 87 |
| Physical Activity | | | | |
| ≥60 minutes | N/A | N/A | N/A | N/A |
| <60 minutes | N/A | N/A | N/A | N/A |
| School Breakfast | | | | |
| Yes | 12 | 35 | 37 | 85 |
| No | 15 | 34 | 38 | 87 |
| School Lunch | | | | |
| Yes | 14 | 34 | 39 | 87 |
| No | 14 | 35 | 36 | 87 |
| Nutrition Lesson | | | | |
| Yes | 13 * | 38 ** | 42 ** | 94 ** |
| No | 16 | 29 | 33 | 79 |
| Exercise Lesson | | | | |
| Yes | 14 | 36 | 41 ** | 91 ** |
| No | 14 | 31 | 31 | 79 |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

* p<.05

** p<.01

*** p<.001